



USAREUR

Soldier Study III:

Kosovo Post-Deployment

Prepared by the U.S. Army Medical Research Unit-Europe



Purpose of Brief

To present findings from the post-deployment Kosovo Soldier Study of 1st Infantry Division soldiers, conducted in Germany 1-2 months after returning from deployment to Kosovo.

Background

- This longitudinal research assessment was initiated at the request of GEN Meigs, CG, USAREUR/7A on 2 MAR 99.
- The study assessed 1st ID soldiers at pre-, mid- and post-deployment to Kosovo.
- The DCSPER, USAREUR/7A is the lead agency for the study.
- The U.S. Army Medical Research Unit-Europe (USAMRU-E), located in Heidelberg, Germany, designed and executed the study.



Outline

- **Summary of Findings**
- **Study Design and Comparison Studies**
- **Units Assessed**
- **The Kosovo Experience**

Workload

Military Policies

Peacekeeping Experiences

- **The Impact of Kosovo**

Soldier Attitudes about Kosovo

-Job Ratings

-Military Readiness

-Unit Leadership

-Deployments

Health

-Wellbeing

-Physical Symptoms

-Health Behaviors

-Stress Reactions

-Conflict-Based Tactics

-Alcohol Use

-Debriefing

Family and Work

Soldier Career Intentions

- **Soldier and Leader Interviews**
- **Conclusions and Recommendations**
- **Point of Contact**



Summary of Findings (1 of 2)

- Soldier confidence in military leadership remained very high throughout the deployment cycle.
- Although soldier morale was very high on deployment, it was even higher at post-deployment.
- Soldiers worked longer hours during the deployment, but their amount of sleep did not change.
- Soldier physical and psychological health improved following the Kosovo deployment.
- Following the deployment, more soldiers felt that their contributions were recognized than during the deployment.
- There were three categories of Peacekeeping Experiences during the Kosovo deployment: Body Handling and Physical Devastation, Peacekeeping Patrol, and Threats to Self.



Summary of Findings (2 of 2)

- Soldiers who reported encountering more Kosovo Peacekeeping Experiences reported more physical symptoms, scored higher on the post-traumatic stress scale, and used conflict-based tactics more often than soldiers who encountered fewer experiences.
- Enlisted soldiers in Combat Arms with a high level of exposure to Kosovo Peacekeeping Experiences reported more alcohol use than those with a low level of exposure.
- Debriefing was associated with increased well-being for soldiers reporting stressful peacekeeping experiences.
- Positive interaction with Kosovo civilians and participation in community projects in Kosovo were associated with higher job satisfaction and increased desire to remain in the military.



Study Execution and Comparison Studies

Post-Deployment Survey

- The post-deployment survey examined organizational, physical and psychological health indicators.
- Soldiers completed the survey in Germany 1-2 months post-deployment.

Comparison Data sets

Study	Date	N	Author
Kosovo Pre-Deployment (Soldier Study I)	MAR-APR 99	2,094	USAMRU-E
Kosovo Mid-Deployment (Soldier Study II)	OCT 99	1,718	USAMRU-E
Kosovo Post-Deployment (Soldier Study III)	FEB 00	1,215	USAMRU-E
CONUS	JAN 97	2,731	WRAIR



Data Set Comparisons

- The data presented in this brief are based on the full data set from the post-deployment survey.
- Where appropriate, analyses to confirm the statistical significance of the data trends over time are based on the smaller matched data samples (see chart below).
- The matched data sets are very similar in terms of key demographic variables, suggesting no systematic difference between the smaller merged data sets and the larger samples.

	Pre-Mid-Post Data N=186	Pre-Post Data N=318	Mid-Post Data N=666	Post-Deployment N=1,215
Rank				
Jr Enlisted	62.8%	66.6%	60.4%	56.5%
NCO	32.8%	29.3%	33.2%	35.0%
Officer	4.4%	4.1%	6.4%	7.2%
Gender				
Male	95.2%	95.9%	92.8%	93.3%
Female	4.8%	4.1%	7.2%	6.7%
Unit Type				
CA	68.9%	69.0%	57.6%	63.0%
CS/CSS/DIV	31.1%	31.0%	42.4%	37.0%



Units Assessed

- Units from the 1st ID were assessed before (pre-), during (mid-), and after (post-) the Kosovo deployment. Every attempt was made to assess as many of the same units as possible during the three time periods.
- Soldiers from the following units were included in each assessment:

Pre-Deployment

Mid-Deployment

Post-Deployment

TF 1-26	TF 1-26	1-26 IN
TF 1-77	TF 1-77	1-77 AR
1-7 FA	TF 1-7 FA	1-7 FA
2-1 AVN	TF 2-1 AVN	2-1 AVN
9 ENG	9 ENG	9 ENG
101 MI	101 MI	101 MI
121 SIG	121 SIG	121 SIG
4-3 ADA	4-3 ADA	

TF 1-18*
1-6 FA*
82 ENG*

DISCOM

HQ, TF Falcon	HHC 2BDE
TF 299	299 FSB

LOCATION

Bondsteel	47.7%
Monteith	24.2%
Other site in Kosovo	26.6%
Other	1.5%

*These units did not deploy to Kosovo and are not part of the mid-deployment assessment.

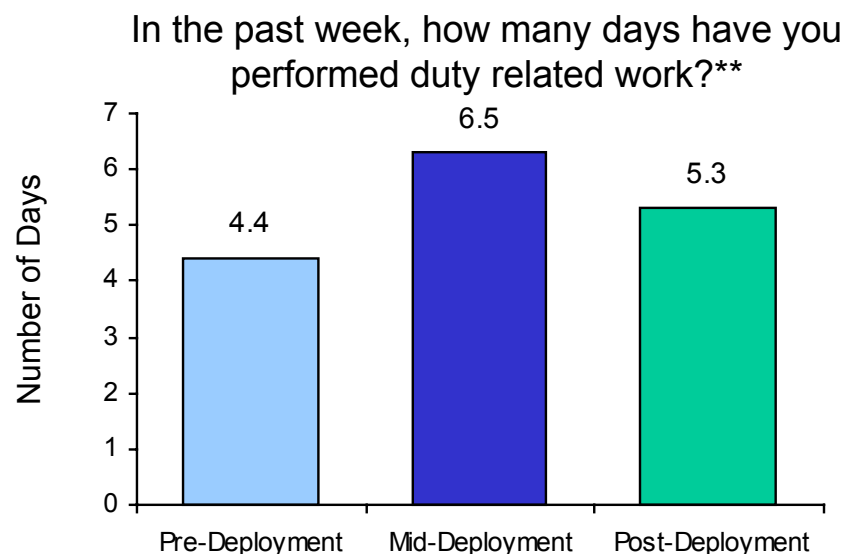
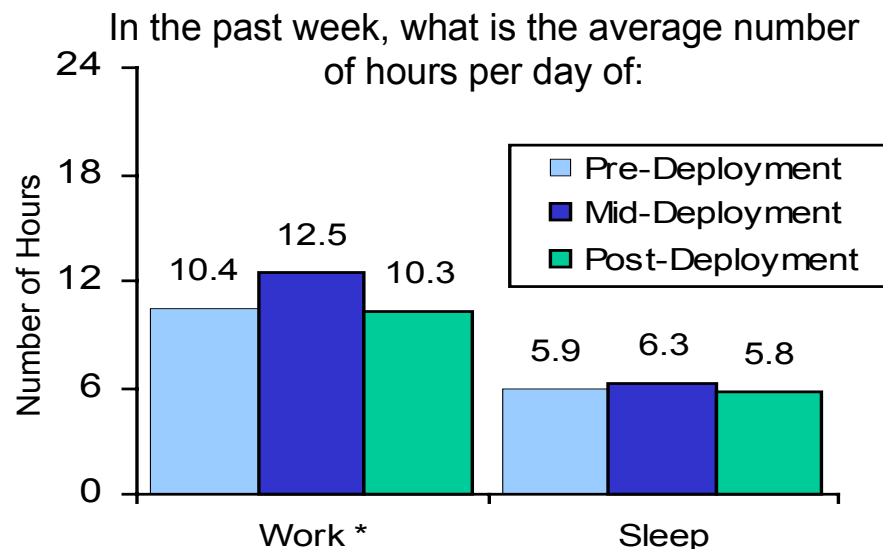


Kosovo: Workload and Sleep

- Workload was based on the number of days and hours that soldiers and leaders reported working while in garrison and while deployed to Kosovo.
- Soldiers reported working more hours per day on deployment than before or after.*
- Soldiers reported working more days per week on deployment than before or after, and more days post-deployment than pre-deployment.**
- The number of hours of sleep did not significantly change over time.

* In the matched data set, the mid-deployment work measure was significantly different from the pre- and post-deployment work measure $F(1.54, 236.76) = 48.4, p < .001$.

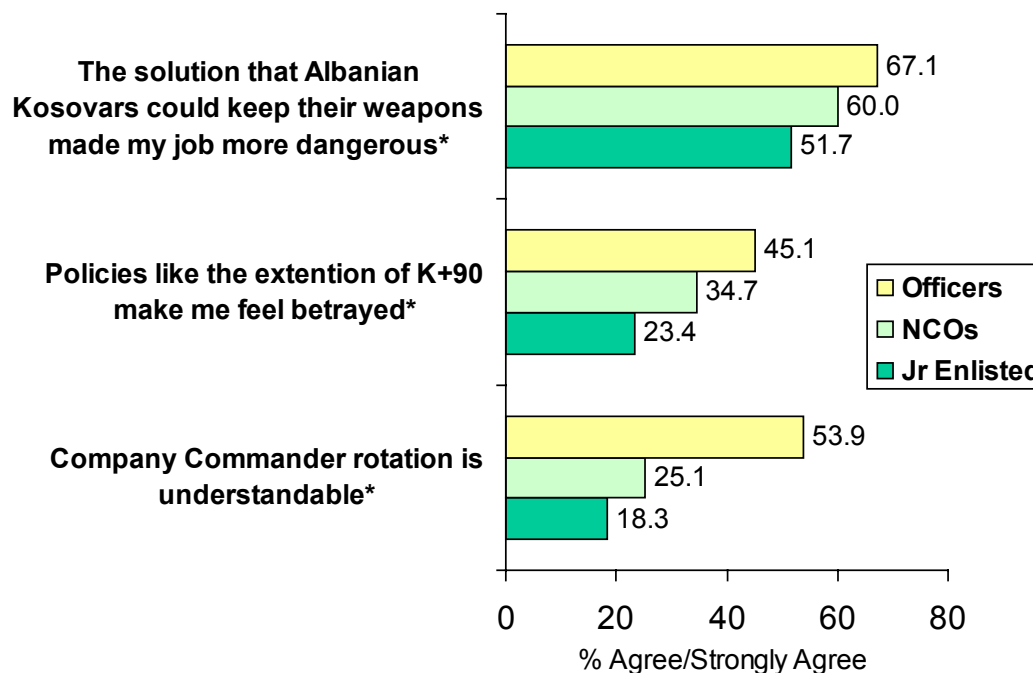
**In the matched data set, days per week measures were all significantly different from each other $F(21.82, 279.84) = 84.01, p < .001$.





Kosovo: Military Issues

- Officers reported greater concern about military policies in Kosovo than did other rank groups.
- Officers, however, were less concerned about Company Commanders rotating during the deployment than junior-ranking soldiers.



POLICY AND NCOs

- NCOs who had concerns about policy in Kosovo also reported lower morale $t(396)=3.58, p<.001$, and lower well-being than NCOs who did not have policy concerns $t(396)=2.53, p<.05$.
- Fewer NCOs who had concerns about policy in Kosovo intended to stay in the military (29.4%) than NCOs who did not have policy concerns (70.6%) $\chi^2(2, N=393) = 6.45, p<.05$.

*Each rank group significantly different from each other, $p<.01$.



Kosovo: Peacekeeping Exposure Categories (1 of 2)

- From a scale of 20 peacekeeping experiences that soldiers encountered while deployed, three basic types of peacekeeping exposure categories were identified:*

BODY HANDLING & PHYSICAL DEVASTATION

- 5 Items - for example:
 - Handling or uncovering dead bodies or body parts
 - Seeing the physical devastation
- 81.1 % reported at least one experience

THREATS TO SELF

- 5 Items - for example:
 - Being attacked/ambushed
 - Having to aid in the removal of unexploded ordnance
- 57.8 % reported at least one experience

PEACEKEEPING PATROL

- 10 Items - for example:
 - Needing to police and manage civilians in chaotic or unpredictable conditions
 - Having to exercise restraint while patrolling
 - Witnessing hostility over property or boundary disputes
- 88.7% reported at least one experience

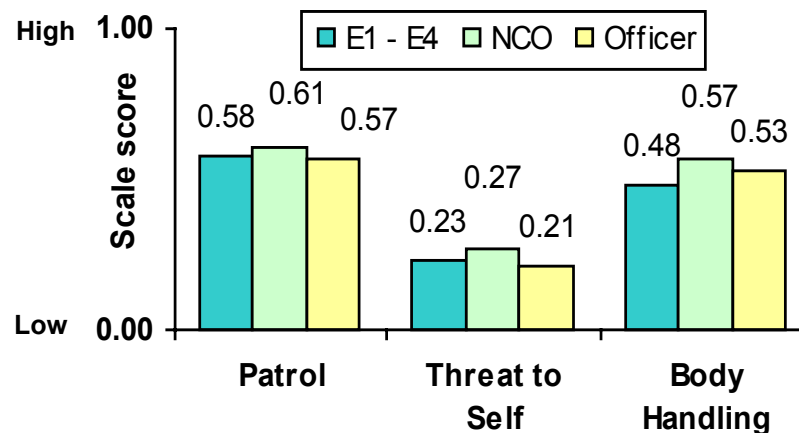
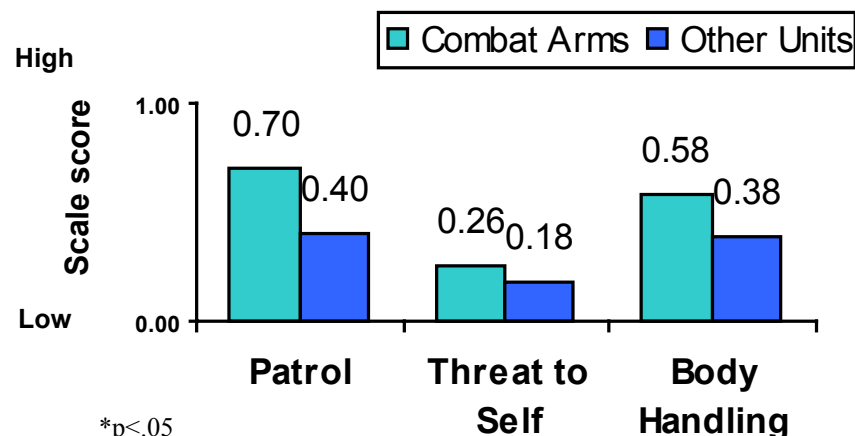
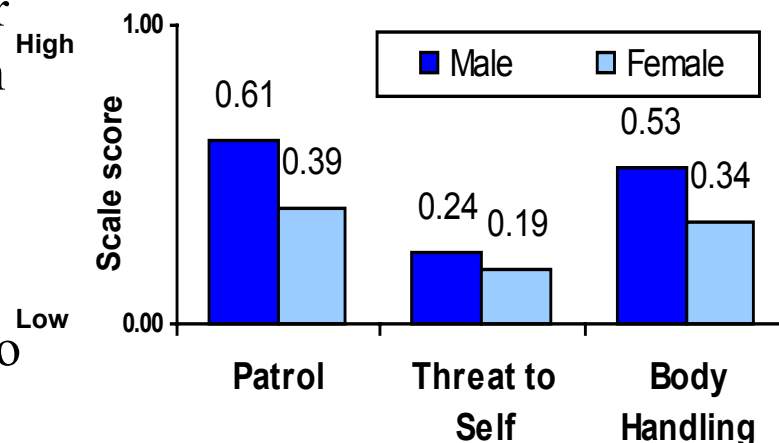
- The impact of each experience was also rated by soldiers (and used in later analysis).

*Based on Factor Analysis, Principal Component Extraction with Oblimin Rotation, Variance explained = 58.6%



Kosovo: Peacekeeping Exposure Categories (2 of 2)

- Soldiers in Combat Arms Units were exposed to more peacekeeping experiences than soldiers from other unit types.*
- Male soldiers were exposed to a greater number of peacekeeping experiences in each of the 3 factors than female soldiers.*
- NCOs reported exposure to a greater number of Body Handling and Threat to Self experiences than did E1-E4 and officers.*



*p<.05

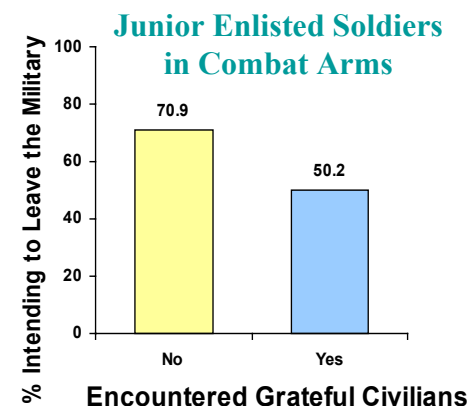


Kosovo: Positive Contact with Civilians

- Most soldiers reported encountering grateful civilians (80.3%) and participating in community improvement projects (60.1%).

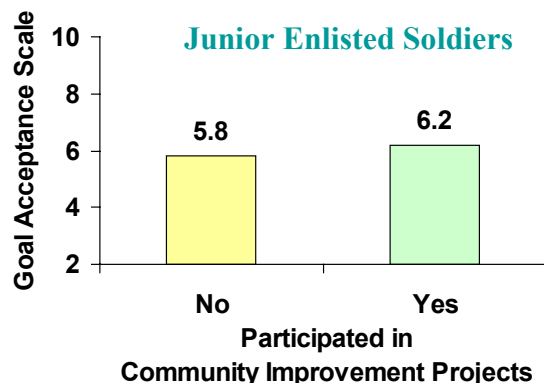
Encountering Grateful Civilians

- Combat Arms soldiers who encountered grateful civilians reported being more involved in their job and greater job satisfaction than those who did not encounter grateful civilians $t(588)=3.84$ and 2.14 $p's<.001$.
- Fewer junior-enlisted soldiers in Combat Arms who encountered grateful civilians intended to leave the military than those who did not encounter grateful civilians $\chi^2(2, N=336) = 9.21, p<.05$.



Community Improvement Projects

- Junior-enlisted soldiers who participated in Community Improvement (CI) Projects reported higher goal acceptance than those who did not $t(675)= 2.98, p<.01$.
- Junior-enlisted soldiers in Combat Arms units who participated in CI Projects also report greater job involvement, goal acceptance and job satisfaction than those who did not $t's(339)>2.39, p's<0.02$.

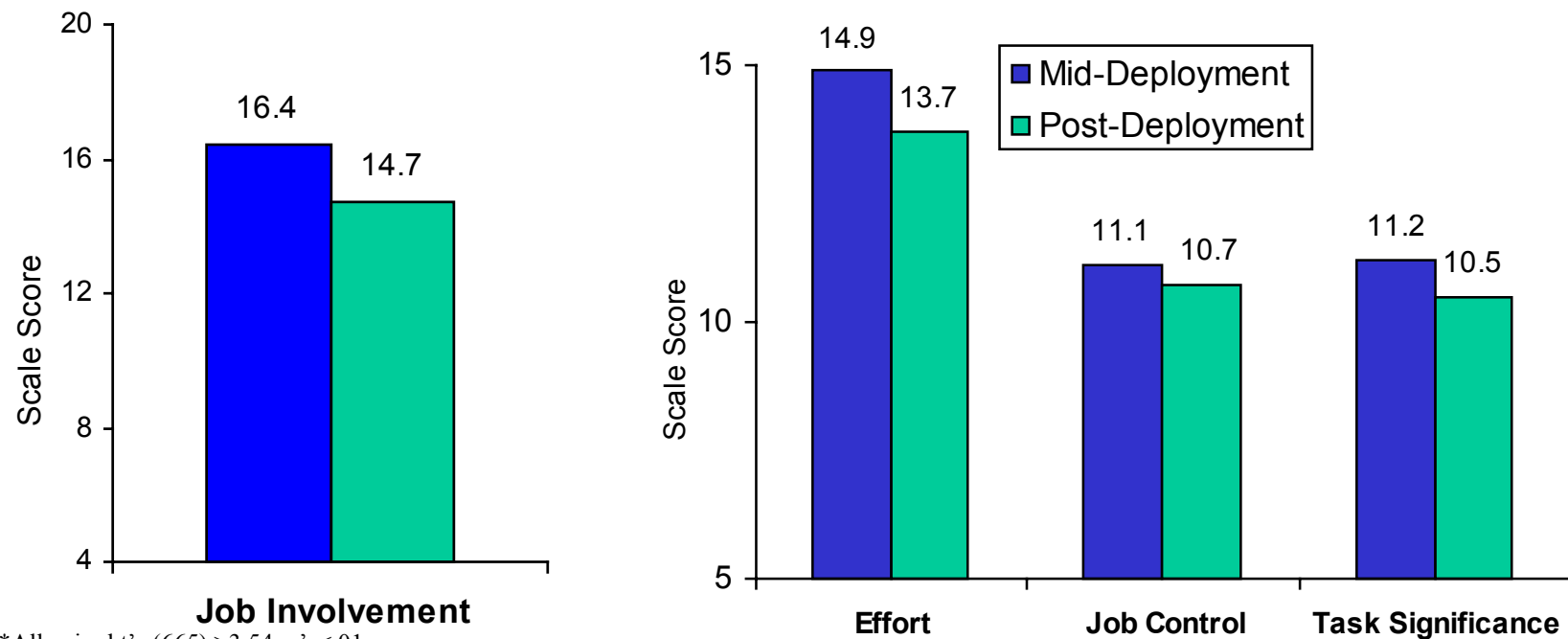




Soldier Attitudes: Job Ratings (1 of 2)

At **Mid-Deployment** Soldiers Reported:*

- They were more involved in their job
- They made more of an effort
- They were more in control of their job
- Their tasks were more significant



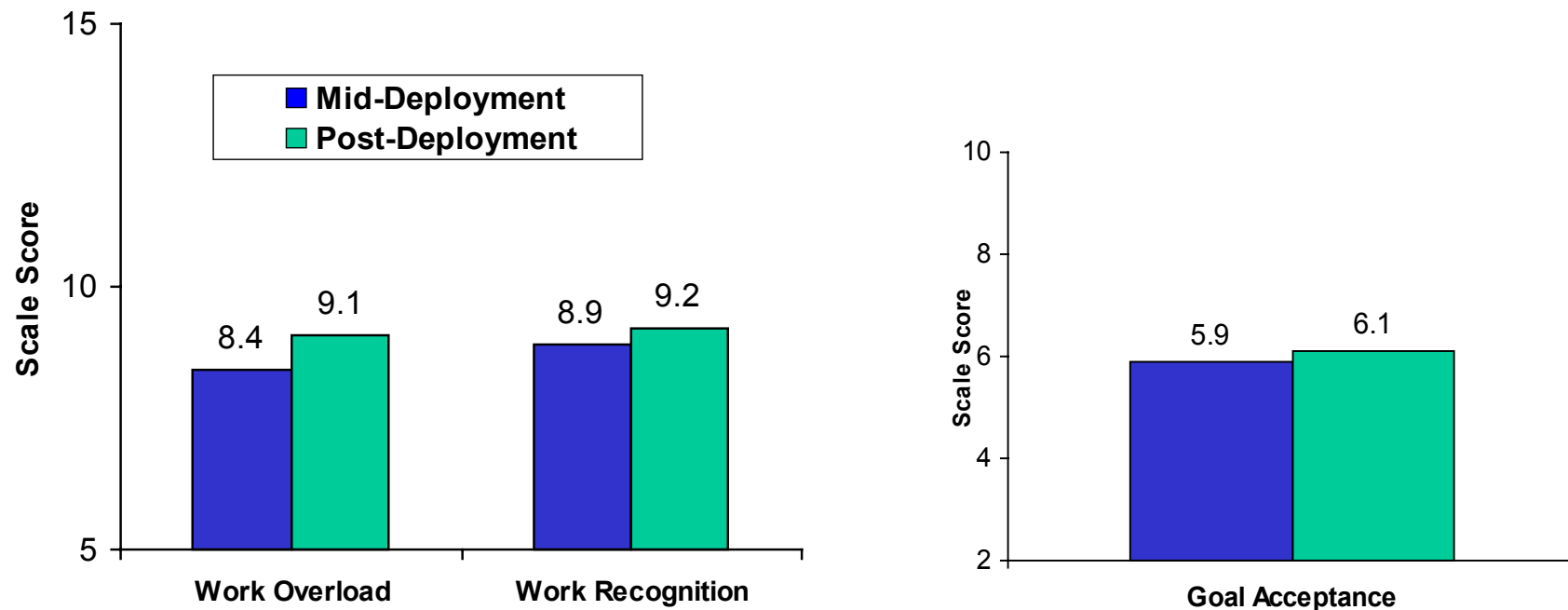
*All paired t's (665) >3.54, p's<.01.



Soldier Attitudes: Job Ratings (2 of 2)

At **Post-Deployment** Soldiers Reported:*

- Job goals were more clear and reasonable
- Their work was recognized more
- They felt more overloaded at work

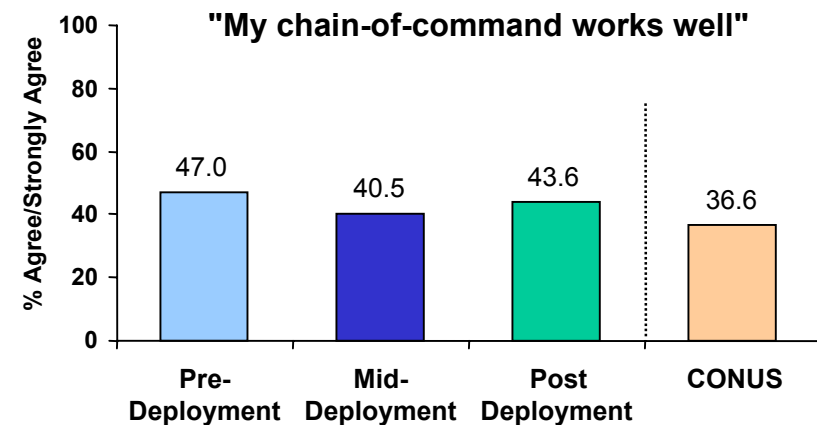
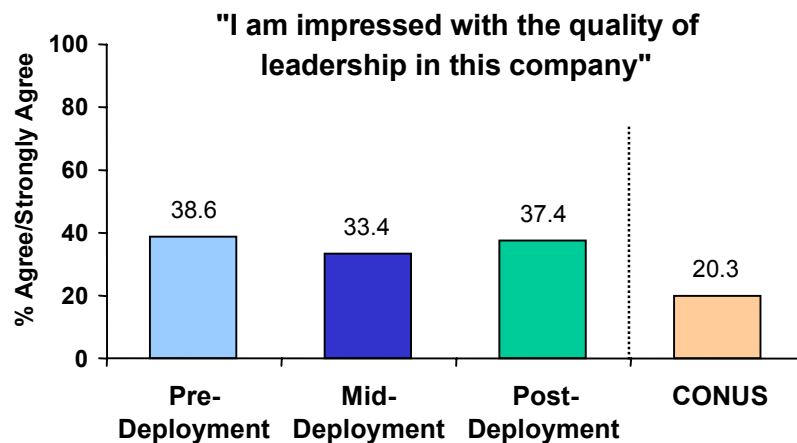


*All paired t's (665) > 2.70, p's < .01.



Soldier Attitudes: Unit Leadership

- Soldiers were more confident in their unit's leadership at pre-deployment than at mid- and post-deployment.*
- Kosovo ratings of leadership appear higher than the CONUS norm.
- At all points in the deployment cycle, Combat Arms soldiers rated quality of leadership higher than did soldiers from other unit types $t's(946-2,047) < 2.08, p's < .05$.

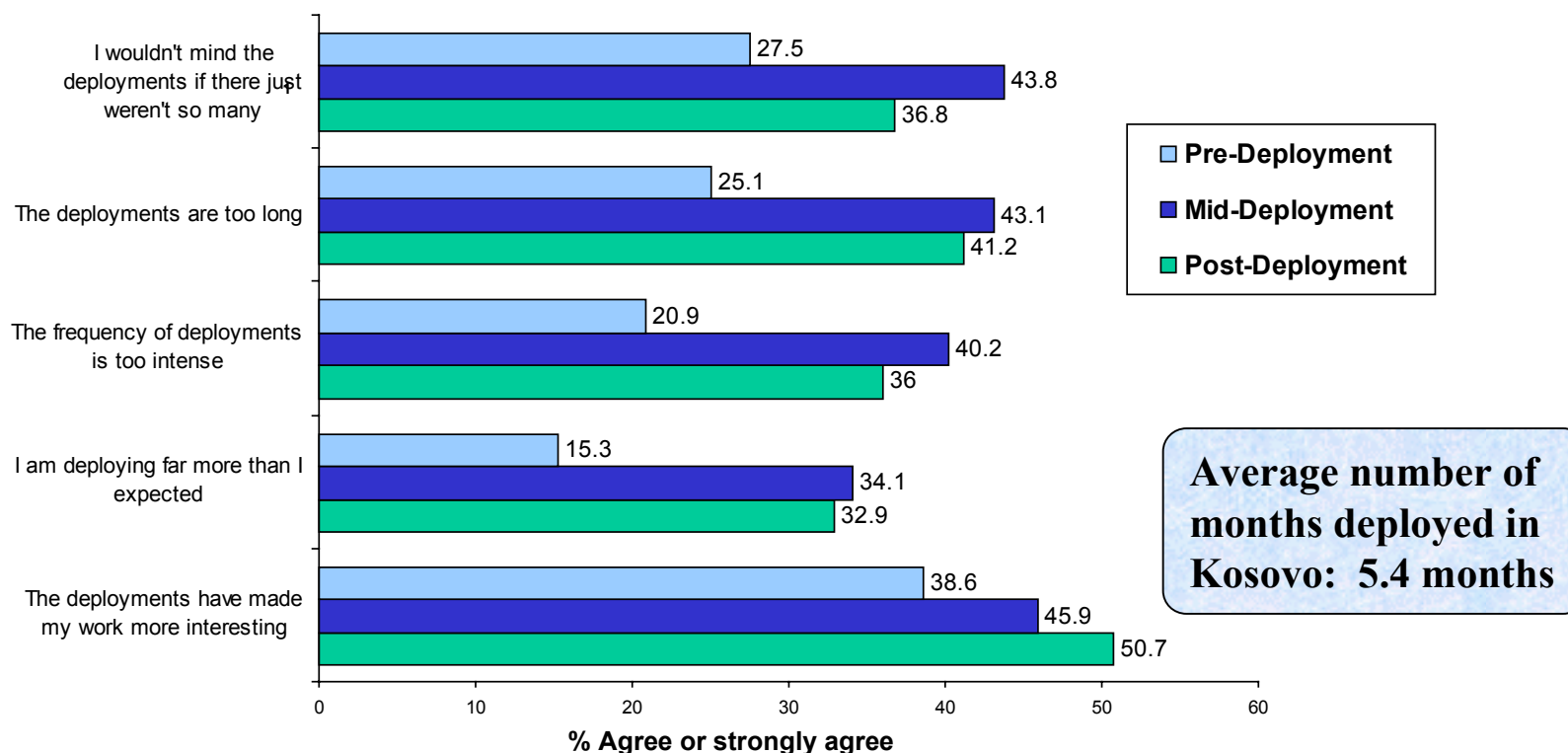


*Matched data significantly higher at pre-deployment on the leadership scale, $F(2,370) = 7.36, p < .01$.



Soldier Attitudes: Deployments

- Over the course of the deployment cycle, soldiers found deployment made their work more interesting.
- The perception of deployment tempo as intense (too frequent, too long, and too many) was lowest at pre-deployment and highest at mid-deployment.



* Matched data comparisons significant, Cochran's Q (χ^2 for matched samples) (2, N=180), p 's < .05.



Health: Physical and Emotional Well-being

MORALE

Morale rose from mid- to post-deployment (71.7 % vs. 79.8% of soldiers reported medium to very high morale) McNemar χ^2 for matched samples (N=651) =23.08, $p < .001$.

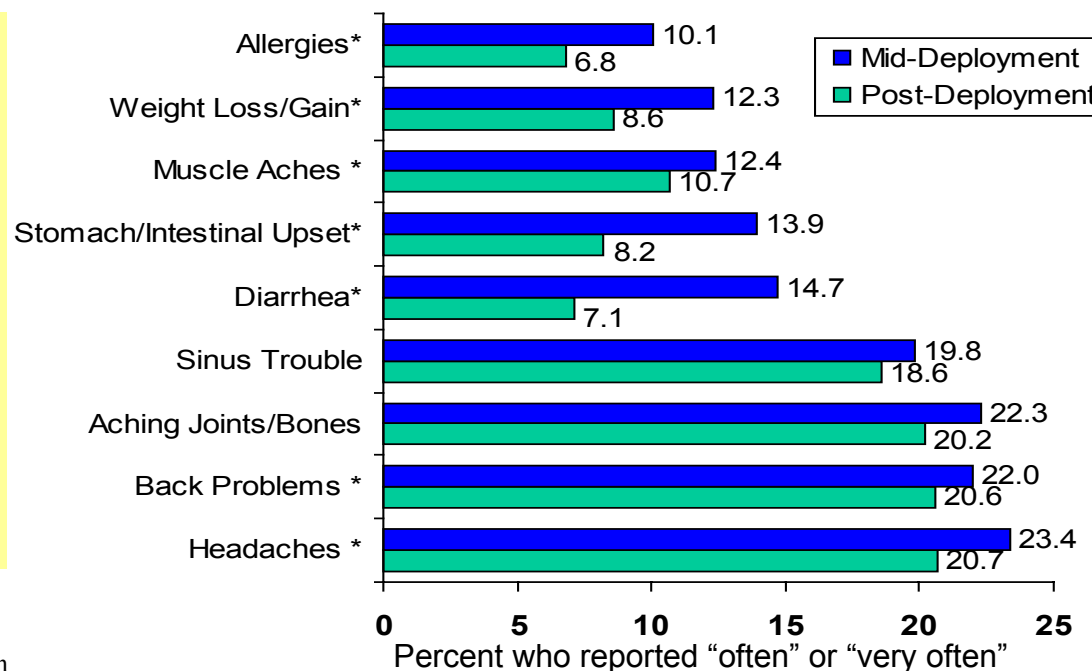
EMOTIONAL WELL-BEING

- Soldiers had lower depression scores at post-deployment than mid-deployment $t(665)=7.77$, $p < .001$
- Burnout levels remained high at mid- and post-deployment (74.8% vs. 73.0% reported medium to very high levels).

* In the matched data set, mid-deployment rates were significantly higher than post-deployment rates Wilcoxon Signed-Rank Tests (χ^2 for matched samples) (N=666), $p < .05$.

Physical Health Symptoms

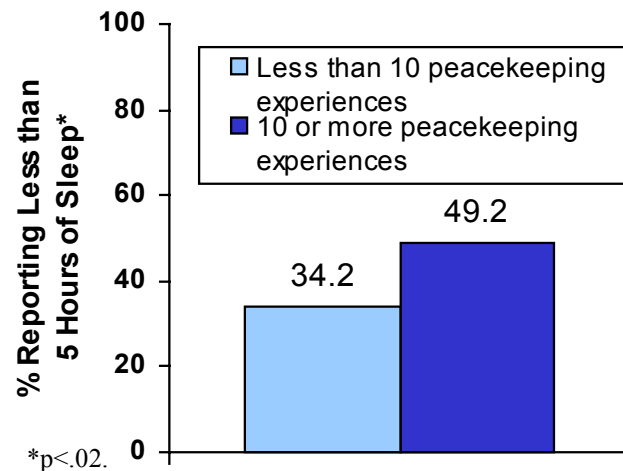
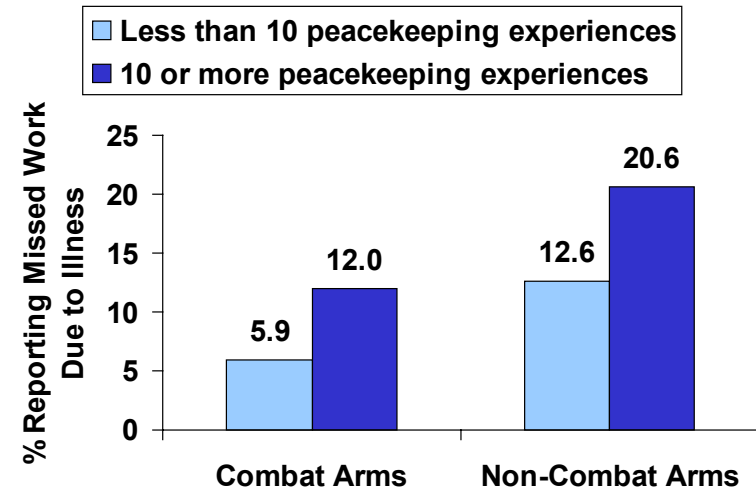
- Soldiers who returned from deployment to Kosovo reported fewer physical symptoms than at mid-deployment (1.8 vs. 2.0; $t(656) = 2.62$, $p < .01$).





Health: Wellness Behaviors

- 52.0% of soldiers were exposed to a high number of peacekeeping experiences (defined as 10 or more events), and 48.0% of soldiers were exposed to a low number of peacekeeping experiences (defined as less than 10 experiences).
- Soldiers who were exposed to 10 or more peacekeeping experiences reported more physical symptoms (2.4 vs. 1.5, $t(1192)=4.71$, $p<.001$) and had fewer hours of sleep ($\chi^2(1, N=1165)=26.68$, $p<.001$) than those exposed to less than 10 experiences.

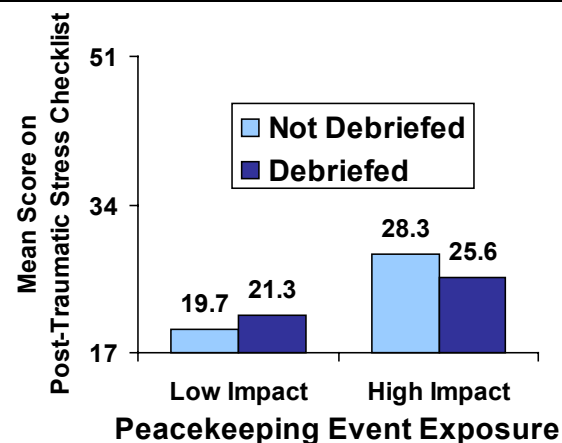


- Among Combat Arms soldiers, those exposed to more peacekeeping experiences reported missing more work days than those exposed to fewer experiences $\chi^2(1, N=595)=5.65$, $p<.02$.



Health: Stress Reactions

- Soldiers exposed to high impact peacekeeping experiences¹ were more likely to score high on the Post-Traumatic Stress Checklist (PCL) than soldiers who reported only low impact peacekeeping experiences $\chi^2 (1, N=1,115)=26.82, p<.001$.
- Debriefed soldiers who were exposed to high impact peacekeeping experiences reported lower PCL scores than non-debriefed soldiers $[t(497.08)=2.36, p<.05]$, but debriefed soldiers with no high impact experiences had higher scores than non-debriefed soldiers $[t(454.63)=2.28, p<.05]$.



DEBRIEFERS

Chaplains	43.0%
Unit Leaders	21.0%
Mental Health Professionals	19.2%

DEBRIEFING PROFILE

- 56.3% reported being debriefed (“guided through a discussion of your deployment experiences”).
- Higher-ranking personnel were less likely to have been debriefed than junior-ranking soldiers $\chi^2 (2, N=1,155)=42.03, p<.001$.
- There were no gender or unit type differences in who received debriefing.

¹Impact was considered high if any peacekeeping event was rated as having moderate or extreme impact. High impact events were reported by 54.3% of those indicating that they experienced the event.



Health: Conflict-Based Tactics (1 of 2)

- Health outcomes included a list of tactics people use in responding to conflict.
- The conflict-based tactics ranged from verbal conflict, to thoughts and threats of harming others, to physically fighting with someone.
- Response options were Yes, No, Not Sure, or Can't Say.
- In all, verbal and cognitive tactics were reported more often than were physically violent tactics.

GENDER

Males: 93.3%
Females: 6.7%

- There were no significant gender differences on the use of conflict tactics.

UNIT TYPES

Combat Arms (n=597)	63.0%
Combat Support (n=274)	28.9%
Combat Service Support (n=69)	7.3%
Division/HQ (n=8)	.8%

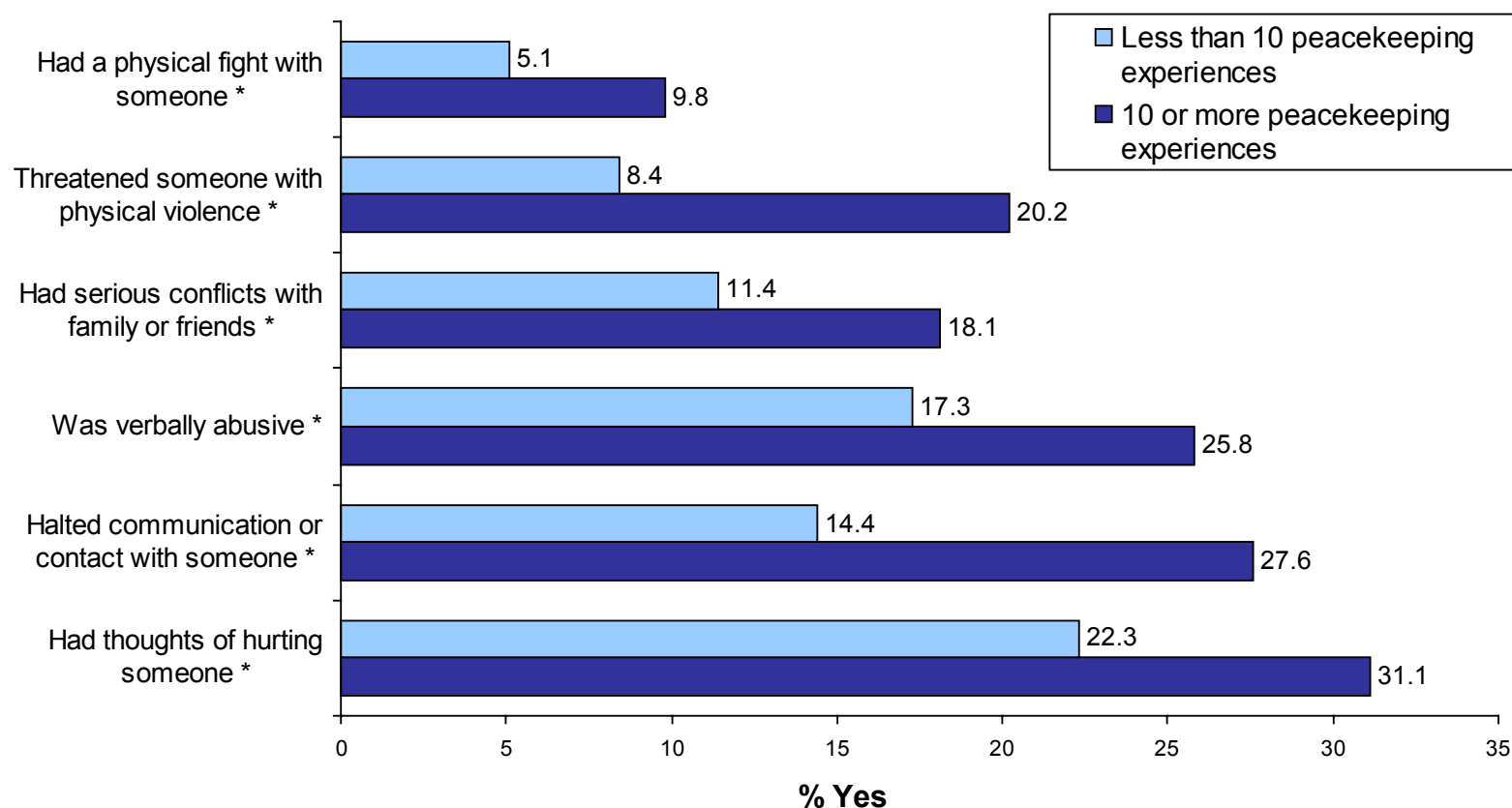
NON COMBAT ARMS

Soldiers who reported 10 or more peacekeeping experiences had thoughts of hurting someone more often than those who reported fewer than 10 experiences $\chi^2(1, N=342)=5.23, p<.01$.



Health: Conflict-Based Tactics (2 of 2)

- Combat Arms soldiers who reported exposure to 10 or more peacekeeping experiences also reported greater use of conflict-based tactics after returning from deployment.



*All χ^2 values >4.2, all p 's < .05.



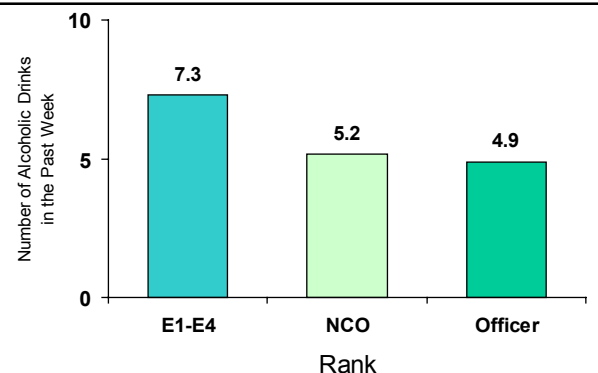
Health: Alcohol Use

- At post-deployment, NCOs and officers reported drinking less alcohol than did junior-enlisted soldiers $F(2, 1171) = 4.98, p < .01$.

DRINKING BEHAVIOR

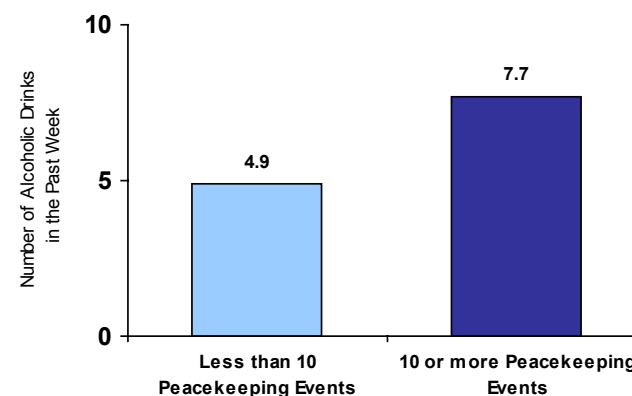
NO alcohol consumption in the past week	39.5%
Drinking consistent with alcohol problems (CAGE scores)	12.8%
Since returning to Germany, drove after drinking or rode with a driver who had too much to drink	4.7%

- Among enlisted soldiers in Combat Arms, the more alcohol they reported drinking, the more conflict-based tactics they also reported using $r = .18, p < .001$.
- Enlisted soldiers in Combat Arms who reported high exposure to peacekeeping experiences also reported greater alcohol use than those with low exposure $t(542) = 2.69, p < .01$.



RANK	
E1-E4	56.5%
NCOs	35.0%
Officers	7.2%

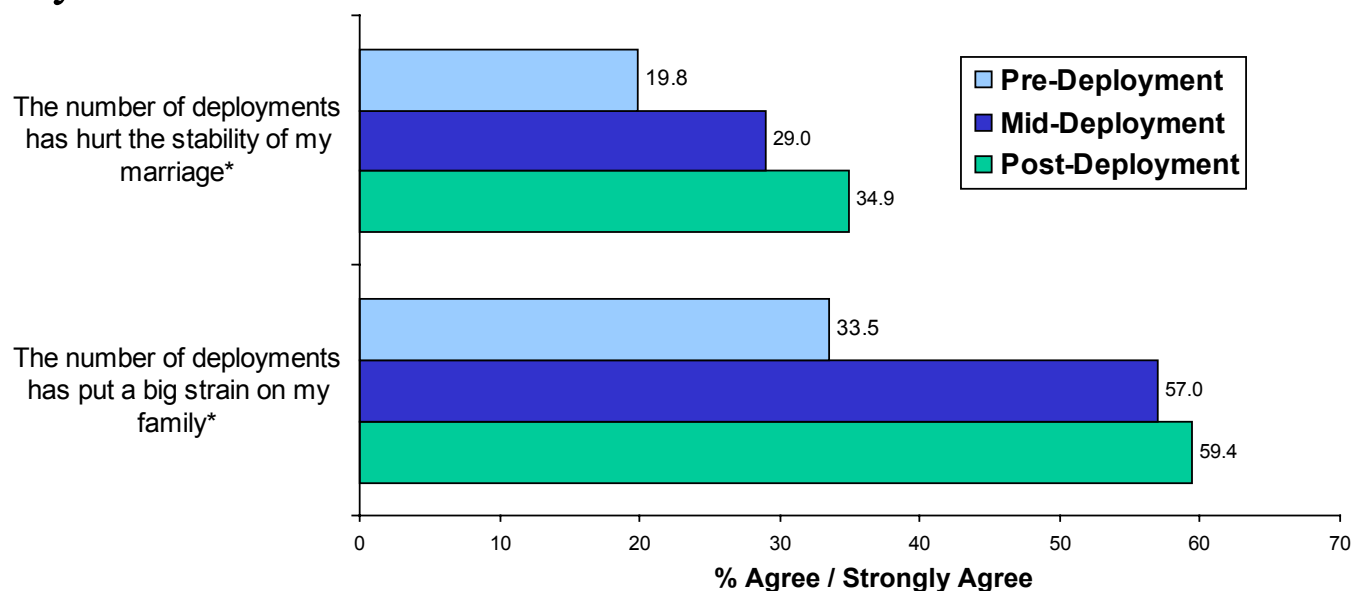
Combat Arms Enlisted Soldiers





Family and Work

- At mid- and post-deployment, more soldiers agreed that the number of deployments put a strain on their marriage and families than at pre-deployment.*



Families with Children
Living at Home: 43.3%

MARITAL STATUS

Single	37.2%
Married	53.7%
Sep/Div	9.0%

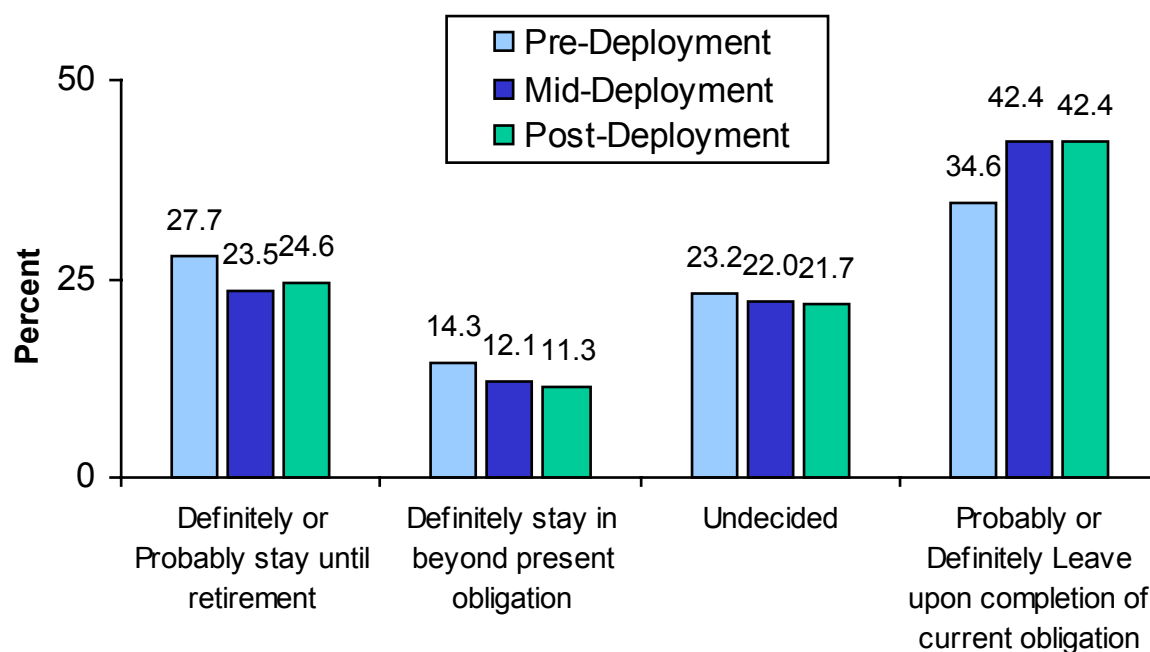
Note: Analysis conducted with soldiers who are married and/or have children.

*Matched data were significantly different for stability of marriage [Cochran's Q (χ^2 for matched samples) (2, N=96) = 12.00, $p < .01$] and for strain on family [Cochran's Q (χ^2 for matched samples) (2, N=104) = 29.68, $p < .001$].



Soldier Career Intentions

- The percent of soldiers who plan to make the Army a career was highest at pre-deployment.*
- The percent of soldiers who plan to leave after their current obligation increased from pre-deployment levels and leveled off at mid- and post-deployment.*



REASON FOR LEAVING THE MILITARY

“I am planning to get out of the military because there are too many deployments”**

	<u>% Agree</u>
Pre-deployment	13.8%
Mid-deployment	32.1%
Post-deployment	27.2%

*In the matched data set, pre-deployment was different from mid- and post-deployment
Friedman's χ^2 for matched samples (2, N=182)=31.44, and (2, N=178)=22.22, $p<.001$.

**In the matched data set, each group was significantly different from each other,
Cochran's Q (χ^2 for matched samples) (2, N=179) = 22.29, $p<.001$.



Conclusions and Recommendations (1 of 2)

- The post-deployment recovery period is just as demanding on the family, soldier and unit as the pre-deployment ramp-up.

RECOMMEND: Opportunity leave should be considered part of the deployment. Emphasize that the work day/work schedule will be just as challenging after the deployment as before.

- Soldiers reported a greater sense of job involvement and effort on deployment, but felt more overloaded with work at post-deployment.

RECOMMEND: Emphasize the importance and relevance of garrison job. Place garrison job in a real-world framework.

- More soldiers reported family strain from deployments following their deployment to Kosovo than at pre-deployment.

RECOMMEND: Support family-time and family-based initiatives to reduce family strain.



Conclusions and Recommendations (2 of 2)

- When soldiers see the benefits of peacekeeping, they have positive attitudes toward work and greater commitment to the military.

RECOMMEND: Continue and increase opportunities for positive peacekeeping experiences.

- The more negative peacekeeping experiences soldiers encountered, the more they reported post-traumatic stress symptoms, drinking alcohol and using conflict-based tactics.

RECOMMEND: Target high-risk units for various prevention programs, including anger management and alcohol awareness.

- Debriefing appears to improve soldier mental health.

RECOMMEND: Continue and ensure debriefing occurs for soldiers. Follow-up with soldiers who reported high impact peacekeeping experiences and who did not receive debriefing.



Point of Contact

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Kosovo Post-Deployment Soldier Survey

U.S. Army Medical Research Unit-Europe, Walter Reed Army Institute of Research
U.S. Army Medical Research and Materiel Command



Privacy Act/Informed Consent Information

ver: 30 December 1999

Post-Deployment Survey K1

1) **Authority:** 10 U.S.C. Sections 136 and 5 U.S.C. 552a; Executive Order 9397

2) **Purpose:** USAMRU-E/WRAIR is conducting a study of soldiers' responses to OPTEMPO and PERSTEMPO.

3) **Uses:** I understand the purpose of this survey is to develop information to benefit soldiers and units, and that I may not directly benefit from this survey.

4) **Disclosure:** Disclosure of your Social Security Number is voluntary. I consent to the use of my answers by staff of the U.S. Army Medical Research-Europe, Walter Reed Army Institute of Research (USAMRU-E/WRAIR), to compile statistics of group data.

I understand my name or any other data from which I could be recognized will not be available to anyone beyond the professional staff conducting the study.

I understand I have the right to withdraw my consent to participate in the study at any time.

Social Security Number

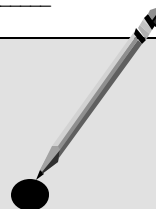
Date

Signature

RESULTS ARE CONFIDENTIAL!

Instructions:

- Use a #2 pencil
- Mark your answer by filling in the bubble completely like this:



SOCIAL SECURITY NUMBER :

0	0	0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9

YOUR AGE:

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

DATE OF BIRTH:

MONTH	DAY	YEAR: 19	
JAN	0	0	0
FEB	1	1	1
MAR	2	2	2
APR	3	3	3
MAY	4	4	4
JUN	5	5	5
JUL	6	6	6
AUG	7	7	7
SEP	8	8	8
OCT	9	9	9
NOV			
DEC			

GENDER:

Female ☐
Male ☐

CURRENT MARITAL STATUS:

Single (Never Married) ☐
Married ☐
Separated ☐
Divorced ☐
Widowed ☐

Indicate **Highest**
Level of Education
obtained:

Some High School ☐
High School ☐
Diploma/ GED ☐
Some College ☐
Bachelor's Degree ☐
Graduate Degree ☐

Number of
children living
at home:

0 ☐
1 ☐
2 ☐
3 ☐
4 ☐
5 ☐
6 or more ☐

ETHNICITY:

African-Am/Black ☐
Asian ☐
Hispanic ☐
White ☐
Other ☐

YOUR UNIT:

Squad: _____
Platoon: _____
Company: _____
Battalion: _____

COMPONENT:

☐ Army
☐ Navy
☐ Air Force
☐ Marines

STATUS:

☐ Active
☐ Reserves
☐ Guard
☐ Civilian
☐ Other?

RANK:

E ☐ 1 ☐
O ☐ 2 ☐
WO ☐ 3 ☐
4 ☐
5 ☐
6 ☐
7 ☐
8 ☐
9 ☐

WHAT IS YOUR MOS?

(Answer in 3 digits only. Example: a
"67B would bubble in "6," "7," and "B.")

0	0	A	K	U
1	1	B	L	V
2	2	C	M	W
3	3	D	N	X
4	4	E	O	Y
5	5	F	P	Z
6	6	G	Q	
7	7	H	R	Other: <input type="radio"/>
8	8	I	S	
9	9	J	T	

<p>Do you have a family member enrolled in the Exceptional Family Member Program (EFMP)?</p> <p>Yes <input type="radio"/> No <input type="radio"/></p>	<p>How many years have you been in the military?</p> <p><i>Example: If you've been in 9 years, you should write in and bubble in "0" and then "9".</i></p> <table border="1"> <tr> <td>0</td> <td>9</td> </tr> </table>	0	9	<p>How many hours of work have you averaged per day in the past week?</p> <table border="1"> <tr> <td></td> <td></td> </tr> </table>			<p>Think about your "days off" during the past week. On average, how many hours did you perform duty-related work during a "day off"?</p> <table border="1"> <tr> <td></td> <td></td> </tr> </table>																																																								
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<p>Is your spouse in the military?</p> <p>Yes <input type="radio"/> No <input type="radio"/></p> <p>Not Married <input type="radio"/></p>	<table border="1"> <tr> <td>0</td> <td>0</td> </tr> <tr> <td>1</td> <td>1</td> </tr> <tr> <td>2</td> <td>2</td> </tr> <tr> <td>3</td> <td>3</td> </tr> <tr> <td></td> <td>4</td> </tr> <tr> <td></td> <td>5</td> </tr> <tr> <td></td> <td>6</td> </tr> <tr> <td></td> <td>7</td> </tr> <tr> <td></td> <td>8</td> </tr> <tr> <td></td> <td>9</td> </tr> </table>	0	0	1	1	2	2	3	3		4		5		6		7		8		9	<table border="1"> <tr> <td>0</td> <td>0</td> </tr> <tr> <td>1</td> <td>1</td> </tr> <tr> <td>2</td> <td>2</td> </tr> <tr> <td></td> <td>3</td> </tr> <tr> <td></td> <td>4</td> </tr> <tr> <td></td> <td>5</td> </tr> <tr> <td></td> <td>6</td> </tr> <tr> <td></td> <td>7</td> </tr> <tr> <td></td> <td>8</td> </tr> <tr> <td></td> <td>9</td> </tr> </table>	0	0	1	1	2	2		3		4		5		6		7		8		9	<table border="1"> <tr> <td>0</td> <td>0</td> </tr> <tr> <td>1</td> <td>1</td> </tr> <tr> <td>2</td> <td>2</td> </tr> <tr> <td></td> <td>3</td> </tr> <tr> <td></td> <td>4</td> </tr> <tr> <td></td> <td>5</td> </tr> <tr> <td></td> <td>6</td> </tr> <tr> <td></td> <td>7</td> </tr> <tr> <td></td> <td>8</td> </tr> <tr> <td></td> <td>9</td> </tr> </table>	0	0	1	1	2	2		3		4		5		6		7		8		9
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<p>How many days have you been on a training exercise in the past 12 months?</p> <p><i>Example: If it is 19, you should write and bubble in "0" and then "1," and "9".</i></p> <table border="1"> <tr> <td>0</td> <td>1</td> <td>9</td> </tr> </table>	0	1	9	<p>In the past week, how many days have you performed military related work?</p> <table border="1"> <tr> <td></td> </tr> </table>		<p>How many days of leave and/or passes have you taken in the past 12 months?</p> <table border="1"> <tr> <td></td> <td></td> <td></td> </tr> </table>				<p>How many days of leave and/or passes have been lost or cancelled in the past 12 months?</p> <table border="1"> <tr> <td></td> <td></td> </tr> </table>																																																					
0	1	9																																																													
<p>How many days have you been TDY in the past 12 months?</p> <table border="1"> <tr> <td></td> <td></td> <td></td> </tr> </table>				<p>How many hours of sleep have you averaged per night in the past week?</p> <table border="1"> <tr> <td></td> <td></td> </tr> </table>			<p>Have you ever served in combat? (e.g., Vietnam, Persian Gulf, Grenada, Panama, Somalia)</p> <p>Yes <input type="radio"/> No <input type="radio"/></p> <p>Have you ever served on a peacekeeping or humanitarian mission?</p> <p>Yes <input type="radio"/> No <input type="radio"/></p>	<p>How many months in total, have you served in the Balkan Region? (e.g. Kosovo, Albania, Bosnia, Croatia, Macedonia, Hungary)</p> <table border="1"> <tr> <td></td> <td></td> </tr> </table>			<p>In total, how many deployments have you completed that lasted more than 30 days? (not including training exercises or unaccompanied tours)</p> <table border="1"> <tr> <td></td> <td></td> </tr> </table>																																																				

<p>How many months did you spend in Theater on the deployment (Kosovo, Albania, or Macedonia)?</p> <p>0 <input type="radio"/></p> <p>1 <input type="radio"/></p> <p>2 <input type="radio"/></p> <p>3 <input type="radio"/></p> <p>4 <input type="radio"/></p> <p>5 <input type="radio"/></p> <p>6 <input type="radio"/></p> <p>7 <input type="radio"/></p> <p>8 <input type="radio"/></p> <p>9 <input type="radio"/></p> <p>10 <input type="radio"/></p> <p>11 <input type="radio"/></p> <p>12+ <input type="radio"/></p>	<p>Where were you located for most of the deployment? (mark one)</p> <p>Bondsteel <input type="radio"/></p> <p>Monteith <input type="radio"/></p> <p>Able Sentry <input type="radio"/></p> <p>Other Site in Kosovo <input type="radio"/></p> <p>Other Site in Balkans <input type="radio"/></p> <p>Did not deploy <input type="radio"/></p> <p>Specify "other" site (e.g. Gnjilane, Partes, Albania) <input type="text"/></p> <hr/> <p>What is your unit type?</p> <p>Combat Arms (CA) <input type="radio"/></p> <p>Combat Support (CS) <input type="radio"/></p> <p>Combat Service Support (CSS) <input type="radio"/></p> <p>DIV or higher HQs <input type="radio"/></p>	<p>During the past week, what is the average number of times per day you used tobacco (i.e. cigarettes smoked, cigars smoked, smokeless tobacco used)?</p> <p>0 <input type="radio"/></p> <p>1 <input type="radio"/></p> <p>2 <input type="radio"/></p> <p>3 <input type="radio"/></p> <p>4 <input type="radio"/></p> <p>5 <input type="radio"/></p> <p>6 <input type="radio"/></p> <p>7 <input type="radio"/></p> <p>8 <input type="radio"/></p> <p>9 <input type="radio"/></p>	<p>During the past week, how many alcoholic drinks have you had? (1 drink = 1 glass of wine or 1 bottle of beer or 1 shot of liquor)</p> <p>0 <input type="radio"/></p> <p>1 <input type="radio"/></p> <p>2 <input type="radio"/></p> <p>3 <input type="radio"/></p> <p>4 <input type="radio"/></p> <p>5 <input type="radio"/></p> <p>6 <input type="radio"/></p> <p>7 <input type="radio"/></p> <p>8 <input type="radio"/></p> <p>9 <input type="radio"/></p>
<p>How many times have you been seen by a health care provider since you redeployed?</p> <p>0 <input type="radio"/></p> <p>1 <input type="radio"/></p> <p>2 <input type="radio"/></p> <p>3 <input type="radio"/></p> <p>4 <input type="radio"/></p> <p>5 <input type="radio"/></p> <p>6 <input type="radio"/></p> <p>7 <input type="radio"/></p> <p>8 <input type="radio"/></p> <p>9 <input type="radio"/></p>	<p>During the past 7 days, how many days did you do physical exercise for 30 minutes or more?</p> <p>0 <input type="radio"/></p> <p>1 <input type="radio"/></p> <p>2 <input type="radio"/></p> <p>3 <input type="radio"/></p> <p>4 <input type="radio"/></p> <p>5 <input type="radio"/></p> <p>6 <input type="radio"/></p> <p>7 <input type="radio"/></p>	<p>Which tobacco products, if any, have you used this week? Mark all that apply.</p> <p>cigarettes <input type="radio"/></p> <p>cigars <input type="radio"/></p> <p>smokeless tobacco <input type="radio"/></p> <p>other (specify) <input type="radio"/></p> <p><input type="text"/></p>	<p>How many work days did you miss due to illness while deployed?</p> <p>0 <input type="radio"/></p> <p>1 <input type="radio"/></p> <p>2 <input type="radio"/></p> <p>3 <input type="radio"/></p> <p>4 <input type="radio"/></p> <p>5 <input type="radio"/></p> <p>6 <input type="radio"/></p> <p>7 <input type="radio"/></p> <p>8 <input type="radio"/></p> <p>9 <input type="radio"/></p>

Please rate how much you **agree** or **disagree** with the following.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- I am deploying more than I expected.
- The frequency of deployments is too intense.
- The deployments are too long.
- The deployments have made my work more interesting.
- Deployments give me a chance to use my skills.
- Deployments show me how important my job is.
- I wouldn't mind the deployments if there just weren't so many.
- The number of deployments has put a big strain on my family.
- The number of deployments has hurt the stability of my marriage.
- I am planning to get out of the military because there are too many deployments.
- I expected a break from deploying.

	Did not experience it	No impact	A little impact	Moderate impact	Extreme impact
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100					

[illegible]

1. Repeated, disturbing memories, thoughts, or images of the stressful experience in Kosovo?
2. Repeated, disturbing dreams of stressful experience in Kosovo?
3. Suddenly acting or feeling as if the stressful experience in Kosovo were happening again (as if you were reliving it)?
4. Feeling very upset when something reminded you of the stressful experience in Kosovo?
5. Having physical reactions (e.g. heart pounding, trouble breathing, sweating) when something reminded you of the stressful experience in Kosovo?
6. Avoiding thinking or talking about the stressful experience in Kosovo?
7. Avoiding activities or situations because they reminded you of the stressful experience in Kosovo?
8. Trouble remembering important parts of the stressful experience in Kosovo?
9. Loss of interest in activities that you used to enjoy before you deployed to Kosovo?
10. Feeling distant or cut off from other people since you returned from Kosovo?
11. Feeling emotionally numb or being unable to have loving feelings for those close to you since you returned from Kosovo?
12. Feeling as if your future somehow will be cut short since you returned from Kosovo?
13. Trouble falling or staying asleep since you returned from Kosovo?
14. Had difficulty falling or staying asleep?
15. Feeling irritably or having angry outbursts since you returned from Kosovo?
16. Having difficulty concentrating since you returned from Kosovo?
17. Feeling jumpy or easily startled since you returned from Kosovo?

[illegible]

Please rate the following deployment experiences:

- [illegible]

- ☐ Spouse/Partner
 ☐ Family member
 ☐ Mental health professional
 ☐ Religious leader
☐ Friend
☐ Co-worker
☐ Unit leader
☐ Other _____

Yes No

-

Please indicate how often you experienced the following physical health symptoms over the **past month**?

	Not At All	A Little	Often	Very Often
1. Head colds				
2. Sinus troubles				
3. Constipation				
4. Headaches				
5. Back problems				
6. Allergies				
7. Skin rash				
8. Cough				
9. Chills/Fever				
10. Diarrhea				
11. Aching joints and bones				
12. Stomach intestinal upset				
13. Eye/ear/nose problems				
14. Hoarseness				
15. Dizziness				
16. Muscle aches or cramps				
17. Weight loss/gain				
18. Urinary infections				
19. Sweaty/wet/clammy hands				
20. Muscle twitching/trembling				
21. Rapid heartbeat (not exercising)				
22. Shortness of breath (not exercising)				
23. WOMEN ONLY: menstrual difficulties				
24. Other (please write in):				

How many days during the past week have you had each of the following feelings or experiences?

	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
1. Felt you couldn't get going								
2. Felt sad								
3. Had trouble getting to sleep or staying asleep								
4. Felt everything was an effort								
5. Felt lonely								
6. Felt you couldn't shake the blues								
7. Trouble keeping your mind on what you were doing								

Have you recently:

1. been able to concentrate on whatever you're doing?
2. lost much sleep over worry?
3. felt that you are playing a useful part in things?
4. felt capable of making decisions about things?
5. felt constantly under strain?
6. felt that you couldn't overcome your difficulties?
7. been able to enjoy your normal day-to-day activities?
8. been able to face up to your problems?
9. been feeling unhappy and depressed?
10. been losing confidence in yourself?
11. been thinking of yourself as a worthless person?
12. been feeling reasonably happy, all things considered?

	Not at all	No more than usual	Rather more than usual	Much more than usual
1. been able to concentrate on whatever you're doing?				
2. lost much sleep over worry?				
3. felt that you are playing a useful part in things?				
4. felt capable of making decisions about things?				
5. felt constantly under strain?				
6. felt that you couldn't overcome your difficulties?				
7. been able to enjoy your normal day-to-day activities?				
8. been able to face up to your problems?				
9. been feeling unhappy and depressed?				
10. been losing confidence in yourself?				
11. been thinking of yourself as a worthless person?				
12. been feeling reasonably happy, all things considered?				

Since returning from the deployment, have you:

1. Destroyed property?
2. Threatened someone with physical violence?
3. Had a physical fight with someone?
4. Threatened someone with a weapon?
5. Used a weapon against someone?
6. Had thoughts of hurting someone?
7. Been verbally abusive?
8. Halted communication or contact with someone?
9. Had serious conflicts with family members or friends?

No	Yes	Not Sure	Can't Say
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please rate the following:

1. Your personal morale
2. Morale in your unit
3. Cohesion in your unit
4. Quality of life in your unit
5. Mission readiness of your unit
6. Level of training in your unit
7. Standards of discipline in your unit
8. Your level of burnout
9. Your level of motivation
10. Your level of energy
11. Your level of drive

Very Low	Low	Medium	High	Very High
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In your opinion, what is the ideal length of time in **months** that a deployment should last?

0	1	2	3	4	5	6	7	8	9	10	11	12+
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In your opinion, what is the ideal **number** of deployments that a soldier should go on over a 3 year period?

0	1	2	3	4	5	6 or more
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which best describes your current active-duty Army **career** intentions? Select one option

1. **Definitely** stay in until retirement (or longer)
2. **Probably** stay in until retirement
3. **Definitely** stay in beyond my present obligation, but not necessarily until retirement
4. **Undecided** about whether to stay after completion of my current obligation
5. **Probably** leave upon completion of my current obligation
6. **Definitely** leave upon completion of my current obligation

<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>

When you **leave** active duty, do you plan on serving in the Reserves or National Guard?

Yes	Undecided	No	Not Applicable
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[illegible]

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you have any comments? Yes ☐ No ☐

If yes, please write them in the space provided below. Use the back of this page if you need more room.

We want to learn about how military operations affect soldiers even a year after the deployment. May the National Center for Post-Traumatic Stress Disorder in the Department of Veterans Affairs (in collaboration with the U.S. Army Medical Research Unit-Europe, Walter Reed Army Institute of Research) contact you in the future for a follow-up survey?

Yes ☐ No ☐

It can be difficult for the follow-up survey to reach soldiers after they PCS/ETS. Please provide us with an address of a contact person who will be able to forward the survey to you:

Thank You

